

Safety When Preparing to Leave

- Open a bank account and/or credit card in your own name.
- Leave money, an extra set of keys, copies of important documents, extra medicines, and clothes with someone you trust so you can leave quickly.
- Determine who would let you stay with them or lend you money.
- Review your plan often and remember that leaving can be a very dangerous time.



Checklist of Important Things to Take when You Leave

Identification

- Driver's License and Passport
- Children's Birth Certificates
- Your Birth Certificate
- Social Security Cards
- Work Permits/Visa

Financial

- Money and/or Credit Cards
- Checkbooks
- Public Assistance Documentation
- Previous Tax Return
- Pay Stubs
- Loan Information

Other Important Documents

- Your Protection Order
- Lease Agreement or House Deed
- Car Registration & Insurance
- Health & Life Insurance Papers
- Medical & Vaccination Records
- Divorce and/or Custody Papers

Additional Items

- House and Car Keys
- Medications
- Pictures of Yourself and Children
- Photo of Abuser
- Changes of Clothing
- Children's Toys



Safety Planning

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Safety during An Explosive Incident

- Decide and have a plan for where you will go if you have to leave home (even if you don't think you will have to).
- Practice how to get out of your home safely. Identify which doors, windows, elevator or stairwell would be best.
- Have a packed bag ready and keep it at a relative or friend's home in order to leave quickly. Use the included checklist to decide what is important for you to take with you.
- Identify one or more neighbors you can tell about the violence and ask them to call the police if they hear a disturbance coming from your home.
- Devise a code word or signal to use with your children, family, friends and neighbors when you need the police.
- If you believe an argument or incident is going to occur, try to move to a room or area where you have access to an exit. Stay away from any weapons, the bathroom, kitchen, bedroom or other rooms without an outside door or window.
- If necessary, call 911.

Safety in Public

- Tell your co-workers and Boss about your situation. If possible, provide them with a photo of your batterer.
- Devise a safety plan for when you leave work. Have someone escort you to your vehicle. Use a variety of routes to and from work/home.
- Vary your routine. Go to different grocery stores, businesses, etc. If this is not possible, change the time and day that you do these tasks.

Safety at Home

- Change the locks as soon as possible.
- Discuss a safety plan with your children for when you aren't with them.
- Tell your children's schools who has permission to pick them up.
- Notify your neighbors and landlord that your partner no longer lives with you, and to call the police if they see them near your residence.



1 in 4 women and 1 in 9 men will experience domestic violence, sexual violence, and/or become a victim of stalking in their lifetime.

Safety with A Protection Order

- Keep your protection order with you at all times. Give a copy to someone you trust.
- Call the police if your batterer violates the protection order.
- Give a copy of your protection order to our child's school or daycare.



Important Numbers to Keep on Hand

The Rise House: (866)358-2265
National DV Hotline (800)799-7233
Women & Children First: (800)332-4443